



Class Schedule

Sports Wellness Center

Physical Therapy Clinic – Pacific Campus

2360 Clay Street, San Francisco, CA 94115

wellness@sutterhealth.org

415.600.5860

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00 a.m.			Pilates Mat Level I & II			
10:00 a.m.					Pilates Mat Level I & II	Total Body Fitness Level I & II
10:30 a.m.	Fit for Life Level I			10:45 a.m. Fit for Life Level I		
2:30 p.m.		Fit for Life Level II				
3:00 p.m.				Total Body Fitness Level I		
6:00 p.m.	Pilates Mat Level I & II		Pilates Mat Level I			
7:00 p.m.		Total Body Fitness Level I & II				

PRIVATE SPORTS WELLNESS SESSIONS **by appointment only**

Golf Conditioning: For those golfers who want to stay healthy or golfers who have suffered an injury and want to get back in shape for golfing. Instructors are Titleist Certified (TPI) Physical Therapists and avid golfers. *Private session with Video Analysis* is designed to allow the physical therapist to develop an individualized exercise program based on findings from your session and the video analysis. (90 min) \$175. Semi-Private and Golf Fitness sessions are also available. Golf Conditioning Class is seasonal \$18 per class.

Fitness Training: What are your fitness goals? To prevent injury? Stay healthy? Lose weight? Exercise during pregnancy? Our Physical Therapists will do a musculoskeletal fitness evaluation, take pre and post fitness tests then design a fitness routine that matches your goals. These one on one sessions are tailored to meet your needs. *Private sessions* (60 min) \$125 initial evaluation, *Single session* \$85 or 5 sessions \$400 (\$80/session), 10 sessions \$750 (\$75/session).

Pilates: Our private Pilates sessions include an assessment of your individual needs and a customized Pilates workout program for optimal results. Instructors are Physical Therapists with Pilates certifications. Various Pilates equipment are used.
45 min single sessions \$80 or 4 sessions for \$300 (\$75 each).
60 min single sessions \$100 or 4 sessions for \$380 (\$95 each).
Duets also available.

Running Clinic: *Running Evaluation using Force Plate Treadmill with Video Analysis:* A musculoskeletal assessment is conducted to address flexibility, strength, and function. Then a gait analysis is performed on our force plate treadmill using Dartfish video analysis. You'll receive a DVD of your evaluation, an assessment summary with footwear and training recommendations for an individualized exercise program. (\$175).

Bike Fit: We offer two bike-fit options to meet your cycling needs.
Option 1 – Bike-Fit Evaluation with Musculoskeletal Assessment: A musculoskeletal assessment is conducted to determine any flexibility or strengthening imbalances that may be causing pain or may lead to injuries during cycling. Cyclists receive suggestions for exercises

specific to their individual assessment. You'll also receive suggestions for optimal riding positions, pedaling techniques, and bicycle modifications (60 min) \$150

Option 2 – Bike-Fit Evaluation with Musculoskeletal Assessment and Cycling Analysis: In addition to the above, this option includes an interactive cycling video analysis using the CompuTrainer® 3D interactive motion software to optimize your comfort, efficiency, speed, and overall cycling performance. The software analysis provides you with your instant/average/peak: watts, cadence, heart rate, speed, and distance (90 min) \$200

GROUP WELLNESS CLASSES: open to the public

Total Body Fitness: Supervised by physical therapy professionals, the Total Body Fitness (TBF) class is designed for people of all fitness levels. TBF is designed around a circuit of stations which incorporates a single high-intensity interval training (HIIT) exercise. It's more effective for fat burning and less time consuming than other endurance activities, such as running, cycling, and swimming. By exercising different muscle groups, the body continues to burn fat while it's recovering from the previous exercise session. (60 min) \$15/class or 5 class package \$65 (\$13/class) or 10 class package \$120 (\$13/class). CPMC employee discount available.

Fit for Life: Supervised by physical therapy professionals, Fit for Life is designed for adults 60 and up who want to improve their level of fitness, but are unsure of what are safe, effective exercises. This class is for you if you enjoy exercising in a class setting, are interested in improving your balance, activity tolerance, and functional capacity, and you want to enjoy life more! (45 min) \$11/class or 5 class package \$50 (\$10/class).

Pilates: Our group Mat classes, taught by Physical Therapists with Pilates certifications, consist of a series of flexion, extension, and rotation exercises focused on core muscle strength and flexibility. Exercises are performed on an exercise mat. Class size is limited, allowing for greater individual attention. (60 min) \$17/class or 4 class series \$64 (\$16/class) or 10 class series \$140 (\$14/class). CPMC employee discount available.